

Off Campus Resources for Health and Wellness

prescriptions, and referrals remotely.

*P- By Phone Only

Medical Care:

MediMap:

Medimap.ca is a website for finding walk-in clinics and booking appointments in Victoria, BC. Locate nearby clinics and reserve a spot in line remotely for some locations.

Website: <https://medimap.ca/clinics/walk-in-clinics/bc/victoria>

Island Sexual Health Clinic:

Island Sexual Health offers sexual health services, education, and support. They provide a range of services including STI testing, birth control consultations, sexual health counseling, and LGBTQ+ support.

Website: <https://www.islandsexualhealth.org/>

Phone: 250-592-3479

Get Checked:

Access confidential STI testing and sexual health services online. Users can request STI test kits, complete them at home, and receive results and treatment options through the website.

Website: <https://getcheckedonline.com/Pages/default.aspx>

*P **8-1-1:**

Is a non-emergency health information and advice line. Speak with a registered nurse who can provide you with health advice, information on healthcare services, and guidance on care options for your situation.

Phone: 8-1-1

*V **Rocket Doctor:**

Through this website, people in BC can schedule appointments to see a doctor remotely, allowing them to receive medical advice and prescriptions without visiting a physical clinic.

Website:

***V Maple:**

Through the website, users can schedule appointments to speak with a licensed physician via secure video calls or messages. Maple offers convenient access to medical advice, prescriptions, and referrals.

Website: <https://www.getmaple.ca/>

***V Telus Health:**

TELUS Health provides virtual care platforms for remote consultations, access to medical records, test results, prescription refills, and health educational resources.

Website: <https://www.telus.com/en/health>

***V Tia Health:**

Users can schedule appointments with doctors, specialists, and allied healthcare providers, allowing them to receive medical advice, prescriptions, and referrals remotely.

Website: <https://tiahealth.com/>

***V Foundry BC:**

Foundry BC is a comprehensive mental health and wellness website tailored for young people aged 12-24 in British Columbia, Canada. It provides access to a wide range of services including mental health support, substance use counseling, primary care, and social services.

Website: <https://foundrybc.ca/>

Mental Health Care:

***P *V Support Connect:**

Support Connect is a 24/7 free, confidential mental health support service for UVic students. They offer video and in-person counselling options with qualified counsellors, anytime, anywhere.

Phone: 1-844-773-1427

Website: <https://myssp.app/keepmesafe/ca/home>

CARES Clinic:

Services offered:

- **MHSU Intake** – assesses referral to determine appropriate mental health or substance use services. *physician referral or call CARES
- **Single Session Therapy** – A SAME DAY counselling session that offers therapeutic support. Call CARES
- **Indigenous Outreach Services** – support for those who identify as Indigenous and seeking help for mental health or substance concern. Physician referral or call CARES
- **Enhanced Collaborative Care (ECC)** – one time psychiatric assessment. Physician referral required.
- **Rapid Access Addiction Clinic (RAAC)** - Support for opiate use concerns and replacement treatment. Call (250) 519- 3776
- **Peer Support Workers** – Support from people with lived MHSU experience. Call CARES

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***P Vancouver Island Crisis Society:**

For emotional support and connection to local services 24/7

Phone: 1-888-494-3888

Crisis Chat:

<https://www.vicrisis.ca/>

Crisis Text: 250-800-3806

***P Suicide Crisis Helpline:**

A safe space to talk 24 hours a day, every day of the year.

Call or Text: 988

***P Native Youth Crisis Line:**

A 24/7 available throughout Canada for self identifying Native youth.

Phone: 1-877-209-1266

***P KUU-US Crisis Line:**

For Indigenous people on Vancouver Island and across the province. Support is available 24/7

Adult Crisis Line: 250-723-4050

Youth Crisis Line: 250-723-2040

Métis Crisis line: 1-833-638-4722

ADHD Private Assessment:

*Contact UVSS health plan to see what coverage options are available for private psychology:

<https://studentcare.ca/>

- **Dr. Claire Sira:**
Website: <https://www.drclairesira.ca/>
- **Coaching group:**
Website: <https://adhdforlife.com/>
- **Paul Brennan, R Psych**
Website:
<https://victoriatherapist.com/>
- **Adult ADHD Centre** *\$300 not reimbursable under UVSS plan*
Website:
<https://adultadhdcentre.com/>
- **Dr. Kathleen Goodall**
Address: 321-1095 McKenzie Ave,
Victoria, BC V8P 2L5
Phone: (250) 382-2005
- ***V Beyond ADHD**
Website: <https://beyondadhd.ca/>
- **First Nations Health Authority**
Phone: (604) 693-6500
Email: info@fnha.ca
- **Doctor of the Day** open to anyone
Phone: 1-855-344-3800 7 days a week, between 8:30 am – 4:30 pm
- ***V FRIDA**
Website:
<https://www.talkwithfrida.com/>
- **Get Cognito ADHD assessment**
Website: <https://www.getcognito.ca/>
- ***V Maple**
Website:
<https://www.getmaple.ca/providers/adhd/>

- **Dr. Eric Ochs Website:**
<https://www.ochspsychology.com/>